



**NORTH DAKOTA**  
DEPARTMENT *of* HEALTH

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## NEWS RELEASE

For Immediate Release:  
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For More Information, Contact:  
Barbara Steiner, nurse consultant  
Division of Cancer Prevention and Control  
North Dakota Department of Health  
Phone: 701.328.2389  
E-mail: [bsteiner@nd.gov](mailto:bsteiner@nd.gov)

### **Governor Dalrymple Proclaims Breast Cancer Awareness Month**

BISMARCK, N.D. – Governor Jack Dalrymple has proclaimed October 2012 as Breast Cancer Awareness Month in North Dakota.

Statistics show that one out of eight women in North Dakota will get breast cancer in her lifetime. In addition, breast cancer is the second leading cause of cancer deaths. On average, 552 women were diagnosed with breast cancer and 89 women died each year from 2005 through 2009, according to the North Dakota Statewide Cancer Registry.

“Being a woman and getting older puts you at risk for developing breast cancer,” said Mary Ann Foss, director of the Division of Cancer Prevention and Control for the North Dakota Department of Health. “I encourage women to take the time to have their clinical breast exam and mammogram. Early detection is the best protection. This is something women can do to detect this disease earlier when it may be most treatable.”

Each woman should talk to her health-care provider to determine when to begin and how often to have a mammogram. It also is important for women to be aware of what is normal for them and to see their health-care provider if they notice any breast changes. These changes could include a lump in the breast or underarm area, swelling, warmth or redness of the breast, a change in the size or shape of the breast, dimpling or puckering of the skin or pulling in of the nipple or other parts of the breast, an itchy scaly sore or rash on the nipple, or spontaneous nipple discharge.

Getting a regular clinical breast exam and mammogram may be a challenge for some women. *Women’s Way*, North Dakota’s Breast and Cervical Cancer Early Detection Program, may provide a way to pay for clinical breast exams and mammograms for eligible North Dakota women ages 40 through 64. *Women’s Way* helps women who do not have health insurance; who do have health insurance but are unable to pay insurance deductibles and/or copayments; or who do not have breast and cervical cancer screening coverage through their insurance plan. Other

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600 E. Boulevard Ave. Dept. 301, Bismarck, North Dakota 58505-0200  
Phone: 701.328.2372 Fax: 701.328.4727 E-mail: [health@nd.gov](mailto:health@nd.gov)

Visit the health department home page at [www.ndhealth.gov](http://www.ndhealth.gov).

screening services available through *Women's Way* include Pap tests and pelvic exams to detect cervical cancers or pre-cancers as early as possible.

For more information about *Women's Way*, call the toll-free number 1.800.44 WOMEN (1.800.449.6636) or visit the *Women's Way* website at [www.ndhealth.gov/womensway](http://www.ndhealth.gov/womensway).

*Note: Proclamation follows.*

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PROCLAMATION  
**BREAST CANCER AWARENESS MONTH**  
OCTOBER 2012

**WHEREAS**, breast cancer is the most commonly diagnosed cancer in women in North Dakota; and

**WHEREAS**, about 552 North Dakotans will be diagnosed with breast cancer this year; and

**WHEREAS**, nearly 4,700 North Dakotans are breast cancer survivors; and

**WHEREAS**, it is important to continue the fight against breast cancer and to reduce the risk of this disease among our citizens; and

**WHEREAS**, October 19 is National Mammography Day, a day set aside to promote the importance of regular mammography screenings in the early detection and prompt treatment of breast cancer; and

**WHEREAS**, North Dakota women are encouraged to take preventive action, including getting regular clinical breast examinations and following the U.S. Preventive Services Task Force's guidelines for having a screening mammogram. Women should also be aware of what is normal for them and to see their health-care provider if they notice any breast changes.

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim October 2012, **BREAST CANCER AWARENESS MONTH** in the state of North Dakota.

Jack Dalrymple  
Governor